THE RECOVERY KERNEL

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[illegible]

[illegible] —
[illegible] [illegible]
[illegible]

[illegible] [illegible]

[illegible] [illegible]
[illegible]

[illegible]/[illegible]
[illegible]
[illegible]
[illegible]
10 [illegible]

[illegible] [illegible]
[illegible] [illegible] [illegible]
[illegible] [illegible] (nootropics) [illegible] [illegible] [illegible]
[illegible]

I. [illegible] — [illegible]

◆ [illegible]

[illegible] "[illegible]" [illegible]:

* [illegible]
* [illegible] [illegible] 60-90 [illegible]
* [illegible]

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[illegible] 20 [illegible]

[illegible]

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[illegible]

[illegible]

[illegible]

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II. □□□□

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III. [illegible]

◆ [illegible] **AMPA** [illegible] **racetams** [illegible]

[illegible] Recovery Kernel (NAC, 5-MTHF, methylcobalamin, magnesium glycinate, CoQ10, DHA, UMP, tyrosine) [illegible] (nootropic stack) [illegible] AMPA receptor function, NGF/BDNF signaling [illegible]

[illegible]: [illegible] (FDA) [illegible] racetams [illegible] (piracetam [illegible]) [illegible] 50 [illegible] (TBI), [illegible], [illegible]

III.1 — [illegible] Racetam — [illegible] AMPA [illegible]

[illegible] AMPA/NMDA [illegible] nucleus accumbens [illegible] prefrontal cortex [illegible] AMPA [illegible]

Racetams [illegible] AMPA [illegible] AMPA [illegible]

[illegible]	[illegible]	[illegible]	[illegible]

Piracetam - [illegible]	800-4800 [illegible] 2-3 [illegible]	[illegible] AMPA [illegible] 50 [illegible]	[illegible] AMPA [illegible] nucleus accumbens [illegible] PFC [illegible] piracetam [illegible] piracetam [illegible]—[illegible]
Aniracetam — [illegible] AMPA [illegible]	750-1500 [illegible] 2 [illegible] ([illegible])	[illegible] AMPA [illegible] D2 [illegible] 5-HT2A [illegible]	[illegible] AMPA [illegible] 5-HT2A [illegible] AMPA [illegible]
Phenylpiracetam — [illegible]	100-300 [illegible] 2-3	[illegible] Piracetam [illegible]	[illegible]: phenylpiracetam [illegible]

[illegible] racetam [illegible]	[illegible]	[illegible] ([illegible])	[illegible] 5-7 [illegible] 2-3 [illegible]: [illegible] phenylpiracetam [illegible] 60 [illegible]
Oxiracetam – [illegible] racetam	1200-2400 [illegible] 2-3 [illegible]	[illegible] AMPA [illegible]	[illegible], [illegible], [illegible] Oxiracetam [illegible] CDP-choline [illegible]

III.2 — Noopept — [illegible]

Noopept [illegible] **[[illegible]]**	[illegible]
Noopept (N-phenylacetyl-L-prolylglycine ethyl ester) [illegible] piracetam [illegible]	[illegible]: [illegible]

1,000 [illegible]: 1. [illegible] AMPA [illegible] NMDA [illegible] — [illegible] racetams 2. [illegible] NGF (Nerve Growth Factor) [illegible] BDNF [illegible] — [illegible] noopept [illegible]	[illegible] (PFC) [illegible], [illegible], [illegible] (executive function) [illegible], [illegible], [illegible] noopept [illegible] NGF (Nerve Growth Factor) [illegible]: NGF [illegible] (neurons [illegible] acetylcholine [illegible]) [illegible] (excitotoxic damage) [illegible]: 10-30 [illegible]: [illegible] ([illegible] CDP-choline [illegible] Alpha-GPC) Noopept [illegible]

III.3 — [illegible] — [illegible]

[illegible]	[illegible]	[illegible]
Semax — [illegible] ACTH	[illegible]: [illegible] BDNF [illegible] NGF ([illegible]—[illegible]) [illegible]	Semax [illegible]: [illegible] BDNF [illegible] ([illegible] BDNF [illegible]) [illegible]

	[illegible] 30 [illegible]	[illegible] D2 [illegible] 300-1000 [illegible] 1-2 [illegible] ([illegible] FDA) [illegible]
Selank [illegible] tuftsin	[illegible]: [illegible]: [illegible] GABA-A ([illegible] — [illegible], [illegible]), [illegible] BDNF, [illegible] ([illegible]) [illegible]	[illegible] GHB [illegible] Selank [illegible] GABA-A [illegible] GABA [illegible] GABA-B [illegible] ([illegible] GHB [illegible]) [illegible] 250-500 [illegible] 1-2 [illegible]

III.4 — [illegible] — [illegible]

[illegible] (racetam) [illegible] (noopept) [illegible] AMPA [illegible]

[illegible]	[illegible]	[illegible]

CDP-Choline (Citicoline)	[illegible]: [illegible] ([illegible]) [illegible] ([illegible]) [illegible] 3 [illegible]: [illegible], [illegible] racetams [illegible]	[illegible] 250-500 [illegible] racetam [illegible] CDP-choline [illegible] uridine [illegible]
Alpha-GPC	[illegible] CDP-choline [illegible] ([illegible]/[illegible]) [illegible]	300-600 [illegible] racetam [illegible] CDP-choline [illegible]

III.5 — [illegible]

[illegible] (nootropic stack) [illegible]

[illegible]	[illegible]	[illegible]	[illegible]
[illegible] 1-30 ([illegible])	[illegible]: 5-MTHF, Methylcobalamin, NAC, [illegible], DHA, CoQ10 [illegible] Racetam [illegible]	[illegible], [illegible], [illegible]. [illegible].	Racetam [illegible] racetam [illegible]

□□□□□□□ 30-60 (□□□□□□ □□□ Noopept)	noopept 10 □□□□□□□□□□ □□□ □□□□□□□□□□□□□ □□ □□□□□□□ □□□□□□□□ CDP-choline 250 □□□□□□□□□□	□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□□ □□□□□□ □□□□□□ (□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□) □□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□ 2 □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□	Noopept □□□□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ (AMP, NGF □□□ BDNF) □□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□ Noopept □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□
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III.6 — [illegible] — [illegible]

Hydergine (ergoloid mesylates) [illegible] [illegible] [illegible]

IV. [redacted] - [redacted]

◆ [redacted]

[redacted]

[redacted]	[redacted]	[redacted]	[redacted]
[redacted] 1-30	[redacted]	5-MTHF + methylcobalamin. NAC 600 [redacted]. [redacted] 2 [redacted] [redacted] 400 [redacted]. [redacted]DHA 1000-2000 [redacted].[redacted]CoQ10 200 [redacted].[redacted] [redacted] [redacted] (Noopept, [redacted], [redacted] 0.3 [redacted]., [redacted])[redacted]	[redacted]
[redacted] 7-30 ([redacted] [redacted] [redacted] 1)	[redacted] 10 [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] 10 [redacted] [redacted] [redacted]	[redacted]	[redacted] BDNF [redacted] [redacted] D2 [redacted] [redacted] (PFC) [redacted] 10 [redacted] [redacted] [redacted] [redacted] [redacted]
[redacted] 30-	Noopept + CDP-	Noopept 10	[redacted]

60	choline: [illegible]. [illegible]: [illegible] 15-20 [illegible]. [illegible]: [illegible] ([illegible]) [illegible].	[illegible] + CDP-choline 250 [illegible] — [illegible] 2 [illegible] 3	[illegible] AMPA [illegible]
[illegible] 60-90	[illegible] Piracetam. [illegible] 20-30 [illegible]. [illegible] 5 [illegible]	Piracetam [illegible] 800 [illegible] 5 [illegible] ([illegible] BDNF [illegible]) [illegible] 30 [illegible]	[illegible] (nootropic) [illegible] norepinephrine [illegible] dopamine [illegible] (PFC) [illegible]
[illegible] 90 [illegible]	[illegible]: * Aniracetam [illegible] * Phenylpiracetam 2-3 [illegible] * HIIT [illegible] * [illegible] 20 [illegible] * [illegible]	[illegible] 90 [illegible] 12-18 [illegible] (nootropic support) [illegible]	[illegible] — [illegible] (reward system) [illegible]

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IV.1 — □□□□□□□□□□□□□□□□□□□□

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